

Computer Classes

Computer Literacy

This class demystifies basic computer concepts including hardware, software, and windows. You will learn basic use of the computer; from turning it on to shutting it down. You will use the Internet, Google, word processing, graphics, spreadsheets, games and more. Discover over 60 different uses for a computer.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57084	10:00am-12:00pm	M	Jun 3-24	4c	\$58/\$68

Computer Shortcuts & Timesavers

Make using your computer easier, speedier and more productive with simple and powerful features that elude most users. Discover the power of the "right click" in the right place, as well as the power of "drag and drop." Create lasting shortcuts and more. **Prerequisite:** Basic PC experience.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57083	10:00am-12:00pm	W	Jul 10-17	2c	\$29/\$39

How to Live with Technology: What You Really Need to Know

Lost in digital technology? Learn what you really need to know. Benefit from what you can readily use. Leave out the rest. You may be surprised! Highlights: iPads and tablets, iPhones and Smart phones, Smart TV's, personal computers, WiFi, Bluetooth, etc. Lots of question and answer time.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57079	10:00am-12:00pm	Tu	Jun 4-18	3c	\$44/\$54

Internet Literacy and Security

Learn to use the Internet safely and effectively. Google like a pro! Find anyone and everything. Understand privacy, security and malware. Discover how much personal information about you is readily available on the Internet. Protect yourself and your computer! Learn what you should do in addition to using anti-virus software. **Prerequisite:** Basic computer skills.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57081	10:00am-12:00pm	M	Jul 1-22	4c	\$58/\$68

Current class schedules and other activities can be found in our monthly newsletter, online at www.carlsbadca.gov/parksandrec, or by calling 760-602-4650.

Intro to Excel 2007/2010

Unleash the calculating power of your computer! In this hands-on class, you will learn to create, format and print spreadsheets, work with data, formulas, functions, graphs and templates. Class includes demos, projects and ideas for creating your own personalized spreadsheets. **Prerequisite:** basic computer skills, ability to point, click and drag.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57082	10:00am-12:00pm	Tu	Jul 2-23	4c	\$58/\$68

Fitness

Better Balance & Mobility ♥

A progressive balance training program for those with balance problems, or those with a history of falling. Improve posture and sensory systems, and learn tools aimed at decreasing the risk of falling, and injuries related to falls. Must have the ability to walk and stand independently. Drop in \$9.

Senior Center: Dance Studio

Instructor: Tia Lanzetta

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57412	1:45-2:45pm	M	Jun 3-24	4c	\$28/\$38
57413	1:45-2:45pm	M	Jul 1-29	5c	\$35/\$45
57414	1:45-2:45pm	M	Aug 5-26	4c	\$28/\$38

Chair Yoga ♥

Come join this fun class designed to give you all the benefits of yoga with the support of your chair! You will stretch and strengthen your body, increase your range of motion and core strength and learn to relax and rejuvenate with deep breathing. Soon you'll begin to integrate this ancient healing system into your life. No pretzel poses or getting on the floor. No big meal before class. Drop in \$10.

Senior Center: Dance Studio

Instructor: Cynthia Collier

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57019	3:45-4:45pm	Th	Jun 6-27	4c	\$28/\$38
57020	3:45-4:45pm	Th	Jul 11-25	3c	\$21/\$31
57021	3:45-4:45pm	Th	Aug 1-29	5c	\$35/\$45

Gentle Yoga ♥

Come nurture yourself to better health in this gentle, rejuvenating class! Geared for seniors' needs, you'll strengthen muscles, bones and joints, increase flexibility and learn healthy breathing. Your stress will melt, and your spirit will soar! Wear loose clothing. Bring a mat and small blanket. No big meal before class. Drop in \$11.

Senior Center: Dance Studio

Instructor: Cynthia Collier

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57017	3:00-4:00pm	M	Jul 8-Aug 12	6c	\$42/\$52
57018	3:00-4:00pm	M	Aug 19-Sep 30	6c	\$42/\$52

PiYo (Pilates and Yoga) for Seniors ♥

Join us for yummy yoga, with more for your core, back and belly! Pilates (puh-LAH-teez) was developed by a dancer to improve balance, flexibility, strength, circulation and posture. Reduce stress and rediscover bliss! Please bring a mat and small towel, and wear clothing that allows movement. Little to no food suggested within two hours of practice. Drop in \$8

Senior Center: Auditorium

Instructor: Tia Lanzetta

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56938	8:45-9:45am	Th	Jun 6-27	4c	\$25/\$35
56939	8:45-9:45am	Th	Jul 11-25	3c	\$19/\$29
56940	8:45-9:45am	Th	Aug 1-29	5c	\$32/\$42

Yoga for Seniors ♥

Intermediate

Create a union of body, mind and spirit as you practice basic postures and breath work. Students work at their own pace, however, this class is not suitable for beginners. Instructor has years of experience in yoga, and seniors in particular! Please bring a mat and small towel, and wear clothing that allows movement. Little to no food suggested within two hours of practice. Drop in \$8.

Senior Center: Auditorium

Instructor: Tia Lanzetta

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56930	3:00-4:15pm	M	Jun 3-24	4c	\$25/\$35
56931	3:00-4:15pm	M	Jul 1-29	5c	\$32/\$42
56932	3:00-4:15pm	M	Aug 5-26	4c	\$25/\$35

Level III: Intermediate/Advanced

Slightly faster paced and more advanced poses than Intermediate yoga. Students work at their own pace, however, this class is not suitable for beginners. Yoga is considered by many to be effective in promoting strength, agility, flexibility and balance. Please bring a mat and small towel. Wear clothing that allows movement. Little to no food suggested within two hours of practice. Drop in \$8.

Senior Center: Auditorium

Instructor: Tia Lanzetta

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56934	10:00-11:15am	Th	Jun 6-27	4c	\$25/\$35
56935	10:00-11:15am	Th	Jul 11-25	3c	\$19/\$29
56936	10:00-11:15am	Th	Aug 1-29	5c	\$32/\$42

Please see Dance, Fitness and Special Interest sections for more Adults 50+ classes.

Activities and classes with ♥ offer a health and wellness benefit to the participant.

Senior Classes

Oriental Sumi-e Painting

This unique, ancient art form utilizes specialized painting techniques handed down from one Japanese Master to another through the centuries. Artists use rice paper, sumi-e ink, ink stone and brushes. Sumi-e painting is characterized by the use of fundamental brush strokes based on simple lines and dots. For beginners and experienced; all levels welcome. Materials not included. A short materials list will be supplied at the first class session, or may be picked up in advance. Drop in \$10.

Senior Center: Multi-purpose Room

Instructor: Kiyoko Messenger

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56952	9:30-11:30am	W	Jun 26-Jul 31	6c	\$50/\$60
56953	9:30-11:30am	W	Aug 7-Sep 11	6c	\$50/\$60

Tai Chi ♥

Beginning

Tai Chi is the classic Chinese exercise for health and relaxation. The gentle movements encourage the body to let go of stress, anxiety and tension. Tai Chi is known for its therapeutic value and regular practice promotes an overall sense of well-being, vitality and emotional calm. Classes focus on balance, flexibility and coordination. Each class includes warm-up and stretching exercises, instructor demonstrations and repeated practice for linking the movements together in a continuous smooth-flowing form. Drop in \$10.

Senior Center: Dance Studio

Instructor: Yvonne Merson

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56943	2:15-3:15pm	Th	Jun 20-Jul 25	5c	\$40/\$50
56944	2:15-3:15pm	Th	Aug 8-29	4c	\$32/\$42

Advanced

In this enjoyable class, advanced students continue refining skills while practicing the smooth-flowing form in unison with other class members. The calming and refreshing effects of the tai chi practice usually last well after completion of your practice session. Drop in \$10.

Senior Center: Activity Room

Instructor: Yvonne Merson

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56949	8:15-9:15am	Tu	Jun 18-Jul 23	6c	\$48/\$58
56950	8:15-9:15am	Tu	Aug 6-27	4c	\$32/\$42

Intermediate/Advanced

Students continue refining skills while learning/reviewing the second half of the tai chi form. Following instructor-guided demonstrations, students practice linking movements together in a continuous smooth-flowing form. Accurate, repeated practice of the form improves balance, proper posture alignment, circulation and promotes flexibility in the joints. Drop in \$10.

Senior Center: Dance Studio

Instructor: Yvonne Merson

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56946	1:00-2:00pm	Th	Jun 20-Jul 25	5c	\$40/\$50
56947	1:00-2:00pm	Th	Aug 8-29	4c	\$32/\$42